

EXHIBIT H



Love Cooking? Love Hosting?

**Statistics from research
will go here when ready!**

Become a FoodCycle volunteer and help
us continue to nourish communities with
food and conversation.

<https://foodcycle.org.uk/>





Hi Andrew

[The Big Give Christmas Challenge](#) has kicked off to a promising start! A huge thank you to everyone who has already donated, your donation will help us to support more vulnerable people this winter.

We still have a way to go to reach our target and unlock the match funding available. There's no better time to support FoodCycle than now when your donation will be doubled. If you're able to make a donation, it would mean the world to us and those we support, like Ian...

MAKE A DONATION

"Due to financial constraints, I can't afford to cook a meal everyday. If it wasn't for FoodCycle, I would really be struggling. FoodCycle has been a lifeline for me, providing me with delicious meals every week!" - Ian, FoodCycle guest

Ian is a regular guest in Birmingham and has been attending for over four years. At first, he came for the hot, tasty meal as money was tight. But now, it's more than that - he really cherishes the opportunity to socialise and meet new people too.



"What makes FoodCycle particularly special to me is the opportunity to socialise. I've met so many new people to chat with, which has helped combat loneliness and has certainly encouraged me to get out more." - Ian

Ian's story is just one example of the positive impact that FoodCycle can have on people's lives and showcases how important our community meals are to so many.

By supporting FoodCycle through the Christmas Challenge, your donation will unlock twice the value. [The Big Give Christmas Challenge donation page](#) is live until 5th December.

DONATE NOW



FoodCycle is a registered charity, no.1134423 and registered address, 2.16 The Food Exchange, London, SW8 5EL.

[Unsubscribe](#)



(<https://foodcycle.org.uk/>)

Volunteer
(<https://foodcycle.org.uk/volunteer-roles/>)

Donate
(</donate/>)



Join us at FoodCycle Milton Keynes Wolverton

FoodCycle Milton Keynes Wolverton welcomes anyone to attend as a guest and enjoy a FREE hot meal. No need to book. Just turn up on the day!

**Location**

The Old Bath House, 205 Stratford Road, Wolverton, Milton Keynes, MK12 5RL

**When**

Friday

**Time**

12:30 pm

**Contact**

miltonkeyneswolverton@foodcycle.org.uk

**Family Friendly**

Yes

**Accessibility - Disabled Toilet**

Yes

**Accessibility - Disabled Parking**

Yes

**Accessibility - Flat**

Yes

How to Find Us



Follow the building to the sheltered area towards Tesco's you will be able to enter through the main doors to there.



Interested in Volunteering?

FoodCycle Milton Keynes Wolverton will only be possible thanks to great volunteers giving their time, enthusiasm and energy. If you'd like to volunteer at one of these events, we are always looking for cooks, hosts and food collection volunteers.

Sign Up
(<https://volunteer.foodcycle.org.uk/volunteer-sign-up>)

Volunteer Roles
([/volunteer-roles](#))

FAQs

Can I come to a FoodCycle meal?



Can I volunteer?



How do you choose a location for a FoodCycle project?



What is 'food poverty'?



Is FoodCycle a food bank?



What is 'surplus food' and how much food waste is out there?



How do you source your food?



I have leftover food. Can I donate it?



Why don't you serve meat and fish?





Fundraising

Want to help us create a society where no-one is hungry or lonely? Visit our fundraising page for a menu of ideas for getting involved and raising vital cash.

Find out more
(<https://foodcycle.org.uk/fundraise/>)

Stay connected

Subscribe to get the latest news, volunteering opportunities, events and updates sent to your inbox each month. You can unsubscribe at any time.

First Name Last Name Email Address

Sign Up

[See our privacy policy for more information on how we use your information.](#)



(<https://foodcycle.org.uk/>)

FoodCycle Head Office

2.16, The Food Exchange

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t: 020 7729 2775(tel:02077292775)

e: hello@foodcycle.org.uk(mailto:hello@foodcycle.org.uk%20)

Links

Find a Meal(<https://foodcycle.org.uk/find-a-meal/>)

Community Meals(<https://foodcycle.org.uk/community-meals/>)

Who We Are(<https://foodcycle.org.uk/who-we-are/>)

Fundraise(<https://foodcycle.org.uk/fundraising/>)

Cookie Policy (<https://foodcycle.org.uk/cookie-policy/>)

Privacy Policy (<https://foodcycle.org.uk/privacy-policy/>)

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Company limited by guarantee no. 7101349

Website by me&you (<http://www.meandyou.co.uk/>)

Volunteer
(<https://foodcycle.org.uk/volunteer-roles/>)

Donate
(<https://foodcycle.org.uk/donate/>)



the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million (1990–2000) and is projected to increase by a further 1.5 million by 2020 (Office for National Statistics 2001). The number of people aged 65 and over is projected to increase from 10.5 million in 1990 to 12.5 million in 2020, with the number of people aged 75 and over increasing from 4.5 million to 6.5 million in the same period (Office for National Statistics 2001).

There is a growing awareness of the need to develop strategies to meet the needs of the ageing population. The Department of Health (2000) has identified the need to develop a 'new paradigm' for the care of the elderly, one that is based on the principles of 'active ageing' and 'positive ageing'. The Department of Health (2000) has identified the need to develop a 'new paradigm' for the care of the elderly, one that is based on the principles of 'active ageing' and 'positive ageing'. The Department of Health (2000) has identified the need to develop a 'new paradigm' for the care of the elderly, one that is based on the principles of 'active ageing' and 'positive ageing'.

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